Propositions accompanying the PhD thesis

**It comes and goes in waves**

Evaluation of inconsistently implemented tobacco control policies in the Netherlands

*Karin Hummel, 13 September 2017*

1. Tobacco control policies should be implemented in a consistent way without any reversals to increase their effects | This thesis

2. Cigarette prices should regularly and substantially be increased to encourage quitting and possibly to decrease socioeconomic inequalities in tobacco use | This thesis

3. The implementation of smoking restrictions in public places had positive effects regarding the societal view on smoking restrictions during the past ten years | This thesis

4. Quit intention is the strongest predictor of quit attempts, but at the same time a psychological concept that is difficult to define and to measure | This thesis

5. More research is needed on why there is such variability in tobacco control activity between countries that all ratified the FCTC

6. There is a lot of death and suffering ahead of us, but it will be concentrated among those already suffering the most | Ron Borland

7. The new Tobacco Products Directive is a step in the right direction, but there is still room for improvement such as the inclusion of plain packaging and activities to protect vulnerable subgroups

8. Implementation and strengthening of effective tobacco control policies affects the whole population

9. If you want to be a writer, you must do two things above all others: read a lot and write a lot | Stephen King

10. Collaboration is the key to success

11. You can’t stop the waves, but you can learn to surf | Jon Kabat-Zinn